

What is claimed:

1) A nutritionally balanced, traditional snack food having a water activity of less than 0.90; and comprising, on a single reference serving basis:

5 a.) an amino acid source that provides at least 19% of the total caloric value of said food;  
b.) a fat that provides less than 30% of the total caloric value of said food; and  
c.) a carbohydrate that provides the balance of the total caloric value of said food and at least about 2.5 grams of dietary fiber.

10 2) The traditional snack food of Claim 1 wherein said water activity is less than 0.85, said fat provides less than 27% of the total caloric value of said food, and said food comprises an adjunct ingredient.

15 3.) The traditional snack food of Claim 1 wherein said amino acid source provides at least 19% but less than 50% of the total caloric value of said food; and said carbohydrate provides from about 2.5 grams to about 5.0 grams of dietary fiber.

4.) The traditional snack food of Claim 1 wherein said amino acid and fiber sources are at least 75% active; and said fiber is selected from the group consisting of soluble fiber having a viscosity of from 1 to 2 centipoise for a 10% solution at 25°C, insoluble fiber having a particle size of less than 150 microns and a water absorption of less than 7.0 grams per gram of fiber, and mixtures thereof.

5.) The traditional snack food of Claim 1 having an amino acid score from 0.60 to 1.00.

25 6.) The traditional snack food of Claim 1 wherein said fat comprises saturated fat and said saturated fat comprises less than 18% of the total caloric value of said food.

7.) The traditional snack food of Claim 6 wherein said saturated fat comprises less than 10% of the total caloric value of said food.

30 8.) The traditional snack food of Claim 1 comprising a material selected from the group consisting of non-digestible lipids, partially digestible lipids, and mixtures thereof.

9.) The traditional snack food of Claim 1 wherein said food is a filled cracker, snack crisp, spread, potato crisp, or brownie.

9.) The traditional snack food of Claim 1 comprising a material selected from the group consisting of arabinogalactan fiber, beta-glucan soluble fiber, and mixtures thereof.

10.) The traditional snack food of Claim 1 comprising fluoride; sodium; potassium; and, on a 30 gram basis, from about 10% to about 100% of the U.S. RDI of the vitamins A, D, E, K, C, thiamin, riboflavin, niacin, vitamin B<sub>6</sub>, folate, vitamin B<sub>12</sub>, biotin, and pantothenic acid and from about 10% to about 100% of the U.S. RDI of the minerals calcium, phosphorus, magnesium, iron, zinc, iodine, selenium, copper, manganese, chromium, molybdenum, and chloride.

10 11.) A mix system for producing the nutritionally balanced, traditional snack food of Claim 1 said mix system comprising a mix that comprises:

15 a.) at least about 19.5% amino acid source;

b.) no more than about 1.5% digestible fat; and

c.) a carbohydrate that provides at least about 8.7% dietary fiber.

12.) The mix system of Claim 11 wherein said amino acid and fiber sources of said mix are at least 75% active; and said fiber is selected from the group consisting of soluble fiber having a viscosity of from 1 to 2 centipoise for a 10% solution at 25°C, insoluble fiber having a particle size of less than 150 microns and a water absorption of less than 7.0 grams per gram of fiber, and mixtures thereof.

20 13.) The mix system of Claim 11 wherein said mix comprises no more than about 0.9% digestible saturated fat.

14.) The mix system of Claim 11 wherein said mix comprises a material selected from the group consisting of non-digestible lipids, partially digestible lipids, and mixtures thereof.

25 15.) The mix system of Claim 11 wherein said mix comprises a material selected from the group consisting of arabinogalactan fiber, beta-glucan soluble fiber, and mixtures thereof.

30 16.) The mix system of Claim 11 wherein said mix comprises fluoride; sodium; potassium; and a sufficient amount of vitamins and minerals to provide the finished traditional snack food with, on a 30 gram basis, from about 10% to about 100% of the U.S. RDI of the vitamins A, D, E, K, C, thiamin, riboflavin, niacin, vitamin B<sub>6</sub>, folate, vitamin B<sub>12</sub>, biotin, and pantothenic acid and from about 10% to about 100% of the U.S. RDI of the minerals calcium, phosphorus, magnesium, iron, zinc, iodine, selenium, copper, manganese, chromium, molybdenum, and chloride.

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17.) The mix system of Claim 11 comprising a separately packaged shortening that comprises a material selected from the group consisting of non-digestible lipids, partially digestible lipids, and mixtures thereof; and said mix system having a ratio of separately packaged shortening to mix of less than about 0.2:1.

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18.) The mix system of Claim 17 having a ratio of digestible fat to total non-digestible lipids, partially digestible lipids, and mixtures thereof; of no more than about 1:2.4.

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